

# Avoidant Attachment Worksheet

Recognise withdrawal patterns and practice emotional openness

[whatsmyattachmentstyle.com](https://whatsmyattachmentstyle.com)

## Deactivation Warning Signs

Check the signs you recognise in yourself when you start to pull away:

- Finding sudden 'flaws' in my partner
- Feeling suffocated or trapped
- Needing to be alone urgently
- Emotional numbness or going 'blank'
- Irritation at normal relationship expectations
- Comparing partner unfavourably to exes or ideals
- Feeling relieved when partner cancels plans

## Vulnerability Practice

Share ONE feeling per day this week. Track it here:

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_

Sunday: \_\_\_\_\_

## Avoidance vs. Healthy Space

Think of a recent time you withdrew. Honestly assess:

**Was I genuinely recharging, or escaping uncomfortable feelings?**

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**What feeling was I avoiding?**

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**What would staying 10 minutes longer have looked like?**

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